

Maryland SHIP "Health Action" Newsletter

December 20, 2013

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Governor Martin
O'Malley
Lt. Governor Anthony G.
Brown
DHMH Secretary Josh
Sharfstein

HSIA Wishes You a Safe and Happy Holiday Season!



Celebrating Holidays When a Loved One Has Alzheimer's



Families living with Alzheimer's and other dementias may find it challenging to spend time together during the holidays. A relative in the early stages may show minor signs of dementia and have trouble following conversation, while a loved one in the middle to late stages of Alzheimer's may exhibit significant cognitive changes. By making minor adjustments to family traditions, caregivers and their loved ones are able to keep the holiday season memorable. The [Alzheimer's Association](#) recommends familiarizing others with the situation through education about the disease and understanding that behavioral and memory changes should be expected. In order to keep the holidays enjoyable and stress free, adjust expectations, involve the person with dementia, and adapt gift giving.

Click [here](#) for more information.

View the [SHIP measure](#) and [tools](#) for reducing the rate of hospitalizations related to Alzheimer's disease and other dementias.

Gather Your Family Health History with the
Surgeon General's Family History Initiative



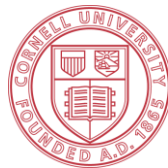
With the holiday's approaching, take advantage of the time spent with family members to gather information about your family health history. Family health history is a valuable screening tool for illness and disease including heart disease, cancer, diabetes, suicide, and various rare diseases. To increase awareness of the importance of family history, the U.S. Surgeon General launched a national

campaign, the Surgeon General's Family History Initiative. This includes the My Family Health Portrait Tool, a web based program that helps users organize family history information to share with their doctors and other family members.

Click [here](#) for more information about the Surgeon General's Family History Initiative.

Click [here](#) to access the My Family Health Portrait Tool.

Start at the Healthier End of the Buffet



Cornell University

During the holiday season, maintaining a nutritious diet is difficult with numerous dinner parties, office potlucks, and celebrations. Research from Cornell University suggests putting healthier foods at the start of a buffet table to encourage diners to pass up unhealthy options. Researchers found that in buffets, foods that were seen first were selected most frequently. "Over 75% of diners selected the first food they saw, and the first three foods a person encountered in the buffet comprised 66% of all foods they took." Additional findings show that serving healthy foods first in buffet lines improves overall meal selection.

Click [here](#) for more information.

Click [here](#) to view the research article.

View the [SHIP measure](#) and [tools](#) for increasing access to healthy food.

HRSA Released the U.S. Health Workforce Chartbook



The Health Resources and Services Administration (HRSA) National Center for Health Workforce Analysis (National Center) released the U.S. Health Workforce Chartbook including data on U.S. health occupations. Data highlighted in the Chartbook includes individuals working in each occupation, demographics on employees, the distribution of occupations across states, and graduation rates. The Chartbook estimates 861,463 physicians in the workforce, with 33.5% being women and 24.8% over the age of 55. Data is comprised from the U.S. Census Bureau's American Community Survey (ACS), the U.S. Department of Education's National Center for Education Statistics Integrated Postsecondary Education Data System (IPEDS) and HRSA's Area Health Resources Files (AHRF).

Click [here](#) for the U.S. Health Workforce Chartbook.

Click [here](#) for more information on the National Center for Health Workforce Analysis.

News from the Office of Primary Care Access

Upcoming Events

Rural Maryland Council Executive Board Meeting
January 24, 2014 (12 PM - 2 PM)
PCC West, Miller Senate Building
11 Bladen St, Annapolis, MD 21401

Click [here](#) for more information.

Rural Health Policy Institute
National Rural Health Association
February 4 - 6, 2014
Washington, DC

Click [here](#) for more information and to register.